

DINNERLY



Bacon and Veggie Fried Rice with Water Chestnuts



25 minutes



2 Servings

Fried rice is one of those go-to dinners that everyone loves. Our version is easy to whip up; there's veggies that most kids (and adults!) love, and it's dotted with chunks of oh-so-moreish crispy bacon.

- 150g jasmine rice
- 150g peas
- 1 carrot
- 227g water chestnuts
- 200g diced bacon
- 1½ tbs oyster sauce ^{1,2}

WHAT YOU NEED

- 2 garlic cloves
- 1 tsp olive oil
- 2 tsp soy sauce ⁶
- 1 tsp honey

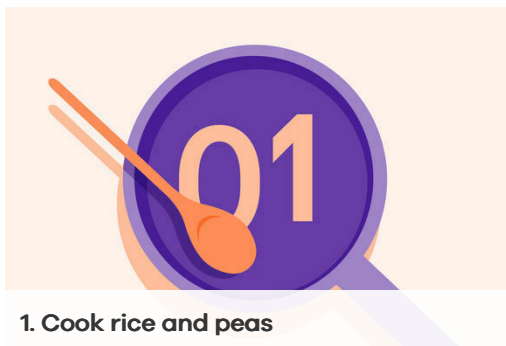
- small saucepan
- can opener
- medium deep frypan
- paper towel

ALLERGENS

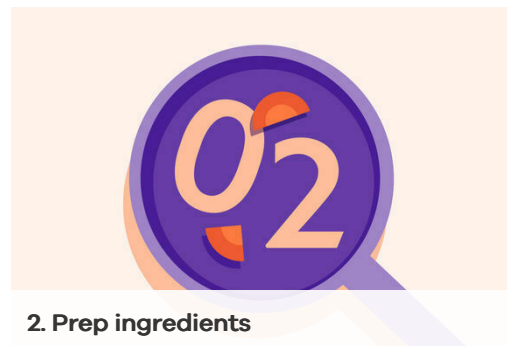
Gluten (1), Shellfish (2), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

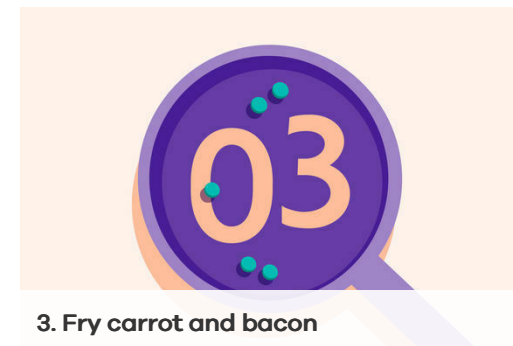
Energy 625kcal, Fat 28.7g, Carbs 85.8g,
Proteins 26.4g



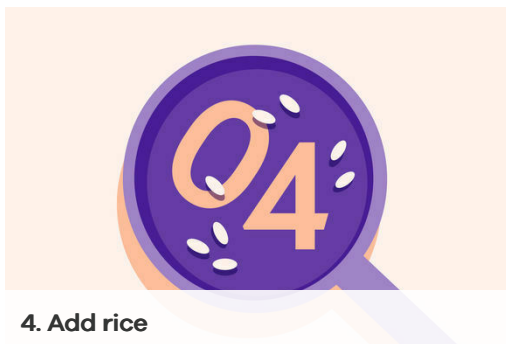
Fill a small saucepan three-quarters full with water and bring to the boil. Rinse the **rice** until the water runs clear. Add the rice to the pan of boiling water and cook for 10 mins, then add the **peas** and cook for a further 2 mins or until tender. Drain.



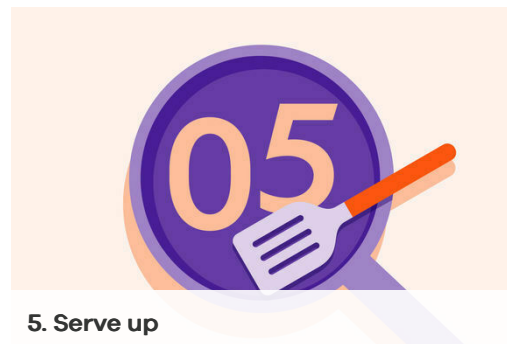
Meanwhile, peel the **carrot** and cut into 1cm chunks. Crush or finely chop **2 garlic cloves**. Drain and rinse **half the water chestnuts***, then thinly slice.



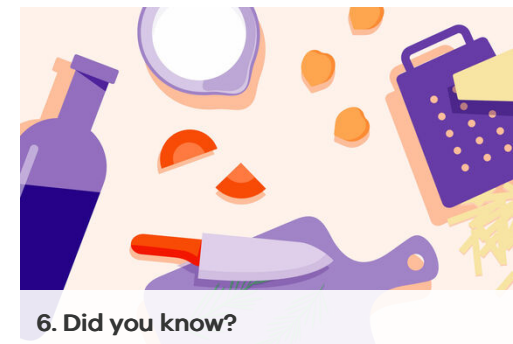
Heat **1 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **carrot**, stirring, for 2 mins, then add the **bacon** and **garlic** and cook, stirring, for 4-5 mins until the bacon is browned and the carrot is tender.






Add the **rice and peas, water chestnuts, oyster sauce, 2 tsp soy sauce and 1 tsp honey** to the pan and cook, stirring, for 1-2 mins until warmed through. Taste, then season with **pepper**. Remove the pan from the heat.



Divide the **fried rice** among bowls and enjoy!



Despite their name, water chestnuts aren't a nut but a type of aquatic tuber that grows in marshes and paddy fields. Also known as Chinese water chestnuts, they are popular in Asian stir-fries, rice dishes, dumplings and desserts. They get their name because they resemble a chestnut in both shape and colour.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

 **Packed in Australia**
from at least **35%**
Australian ingredients